

Fiji Recipes

Kokoda

Ingredients:

1 pound snapper fillet, cut into ½” pieces
1 cup white vinegar
¾ cup coconut milk
¼ cup finely chopped fresh cilantro
3 scallions, thinly sliced
1 tomato, cored, seeded, and finely chopped
1 small red bell pepper, seeded and finely chopped
1 small yellow bell pepper, seeded and finely chopped
½ small red onion, finely chopped
2 tablespoons fresh lime juice, plus wedges to serve
Kosher salt and freshly ground black pepper



Directions:

In a large bowl, toss the snapper with the white vinegar. Leave to marinate for 30 minutes, then drain and rinse the snapper.

Return snapper to bowl along with the coconut milk, cilantro, scallions, tomato, bell peppers, and red onion; stir gently to combine. Add the lime juice, salt, and pepper and refrigerate until ready to serve.

Crab Curry

Ingredients:

1 pound crab meat
1 teaspoon cumin seeds
1 teaspoon mustard seeds
½ teaspoon fenugreek seeds
1 teaspoon turmeric
3 tablespoons masala
6 tablespoons oil
Ginger, 1" piece
1 clove garlic
2 onions
1 cup shredded coconut
1 cup coconut milk
1 sprig curry leaves
3 tomatoes, diced
¼ cup cilantro
1" piece tamarind



Directions:

Dice the onions and make a paste of the garlic and ginger. Set these aside.

Then heat oil in a large pot and add the cumin, mustard, and fenugreek seeds, along with curry leaves and cook until they begin to crackle and pop. Place the onions into the pot and cook until they turn translucent and have browned a bit. Once the onions are golden, add in the ginger and garlic paste. Cook till the garlic is brown. Next, add the tomatoes and cook until the oil begins to surface. Then add the masala and turmeric and fry until oil separates again.

Add the crab and mix thoroughly to ensure the masala gravy coats crab. Cook for a few minutes, stirring constantly. Add salt to taste. Simmer on low heat for a few minutes and then add the tamarind pulp, coconut milk, and shredded coconut. Simmer for a few minutes. Garnish with chopped cilantro. Serve immediately.

Fiji Roti

Ingredients:

2 ½ cups flour
2 cups boiling water
1 tablespoon oil
¼ cup ghee



Directions:

Sift the flour into a deep bowl. Make a bowl in the middle of the flour. Gradually add the water. Mix in small amounts to make sure not to add too much water.

Next, combine the dough with your hands until it feels springy.

Take half of the oil and spread on to the dough. Work it through the dough. Use the remaining oil if the dough looks dry.

Knead for a few minutes. Then divide it into small balls the size of your fist. Press down to form a disk.

Dust a wooden board lightly with flour and use a rolling pin to make flat discs. Make the rotis ¼" thick.

Heat a frying pan to a high heat and brush lightly with ghee. Once it starts smoking lightly, place a roti in the pan. Cook for 5 seconds and flip over.

Cook the other side completely before being turned over again. Keep turning every few seconds to ensure it is cooking evenly. Once the second side is cooked, flip over and let the dough rise.

Once it begins to rise, press down. Ensure all sides are cooked and then place into a warm container lined with a tea towel. Repeat this process until all the rotis are done.

Coconut Cookies

Ingredients:

2 ½ cups flour
1 teaspoon baking soda
¾ teaspoon salt
1 cup unsalted butter, softened
¾ cup dark brown sugar
¾ cup granulated sugar
2 large eggs
1 ½ teaspoons pure vanilla extract
2 cups toasted shredded coconut, plus ¼ cup



Directions:

Preheat oven to 350° F. Line pans with parchment paper. In a medium bowl sift together flour, baking soda, and salt. Set aside.

In a mixer bowl fitted with the paddle attachment, beat the butter on medium speed for one minute until creamy. Add brown sugar and granulated sugar and beat on medium speed for about 3 minutes, until light and fluffy. Beat in the eggs, one at time. Beat in vanilla extract.

Add flour mixture and mix just until combined. Add 2 cups coconut and mix slowly just until combined.

Place ¼ cup shredded coconut in a small bowl. Roll dough into balls, roll in coconut, and place onto prepared baking sheet. Press the cookies down slightly.

Bake for 9-12 minutes, until cookies just begin to brown at the edges, but the center is still soft. Remove from the oven and allow cookies to cool on the baking sheet for 5-10 minutes before transferring to a wire rack to cool completely.

Coconut Cookies

Ingredients:

1 stalk lemongrass, finely
chopped 1 red chili, seeded
and chopped
½ red onion, thinly
sliced 4 tomatoes,
chopped
1 can coconut milk
2-3 tablespoons
lemon juice 2
tablespoons fish
sauce
1 teaspoon sugar
½ cup chopped basil
leaves 1 ½ pounds
white fish fillets 2
cups baby spinach
Steamed rice



Directions:

Heat a large frying pan on medium heat. Add ¼ cup of the coconut milk, lemongrass and chili and fry until liquid evaporates and lemongrass is tender, 2-3 minutes. Stir in remaining coconut milk, onion, tomatoes, lemon juice, fish sauce, sugar, and ¼ cup basil leaves. Simmer for 5 minutes.

Pat fish dry with paper towels. Season with salt and pepper. Place whole fish fillets in the coconut sauce, and simmer for 4 minutes, turn fillets over and cook for a further 1 minute or until just cooked.

Lightly sauté spinach until just wilted and add to pan. Serve in a bowl over rice. Garnish with basil leaves.